

## Springtime Corn & Squash Soup

Serves 4.

4 cups frozen corn, thawed  
1 15-oz. can fat-free, evaporated milk  
1 tsp. vegetable oil  
1 small onion, chopped  
1 Tbsp. garlic, minced  
2 small yellow summer squash, chopped  
1 pinch dried thyme (optional)  
2 Tbsp. fresh flat-leaf parsley, minced (optional)  
2 pinches salt

In the blender, puree 3 cups of the corn with the milk for 3 to 4 minutes, until it becomes smooth and glossy. Set aside. Heat oil in the bottom of a medium pot and sauté onion, garlic, squash and zucchini on medium heat until the onion becomes translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent sticking or burning. Turn the heat to low, and add to the pot the smooth corn puree, the remaining 1 cup of thawed corn, the thyme, parsley and salt. Keeping the heat on low, heat the soup throughout and serve.

### Nutritional Analysis Per Serving:

- 320 calories, 20 grams carbohydrate, 15 grams protein, 3 grams fat, 0 grams saturated fat, 4 milligrams cholesterol, 232 milligrams sodium, 5 grams fiber
- 18% calories from fat
- 2 ½ "5 A Day" servings